



A Guide to Volunteering at

Drugaid

Helping individuals and
communities tackle drug
and alcohol problems

WHO ARE WE?

Drugaid is a registered charity offering confidential drug and alcohol services in Caerphilly, Merthyr Tydfil, Rhondda Cynon Taff, Blaenau Gwent, Monmouthshire and Torfaen. We work with individuals, families and communities affected by substance misuse.

SERVICES PROVIDED BY DRUGAID

These are some of the services that Drugaid provide:

- ❖ Therapeutic intervention / support
- ❖ Needle exchange
- ❖ Home de-tox
- ❖ Working with young people
- ❖ Working with offenders
- ❖ Auricular acupuncture
- ❖ Diversionary activities
- ❖ Family support
- ❖ Training / education / awareness raising
- ❖ Peer Mentoring
- ❖ Drop-in services

WHAT WE WANT FROM VOLUNTEERS

We are looking for volunteers who are open-minded, non-judgmental, creative, supportive and willing to learn. You will have the opportunity to get involved with the services we provide and much more. All we need is some of your time on a weekly basis.

WHAT WE PROVIDE FOR VOLUNTEERS

- ❖ Full accredited training
- ❖ Support, mentoring and guidance from a trained substance misuse worker
- ❖ The opportunity to apply for paid employment if you wish to do so
- ❖ Personal development
- ❖ The opportunity to meet new and interesting people

VOLUNTEERING ROLES

There are a number of different roles available to volunteers within Drugaid. The role of the volunteer can vary depending on how much time someone is able to commit and what they are interested in and capable of doing.

The main volunteering roles available are:

- ❖ **GENERAL VOLUNTEER**
- ❖ **VOLUNTEER PEER MENTOR**
- ❖ **DROP-IN VOLUNTEER**

GENERAL VOLUNTEER

As a general volunteer you can get involved with many different projects and services within Drugaid. You may wish to volunteer with one particular project or with a number of different projects.

Below is a list of some specific projects within Drugaid:

DIVERSIONARY ACTIVITIES

Diversionary activities are available to service users and can include art classes, rock climbing, horse riding, gym classes, yoga and alternative therapies. Volunteers can assist the diversionary activities coordinator in facilitating groups and accompanying service users to relevant classes/events.

STRUCTURED DAY PROGRAMME

The Structured Day Programme is a seven week programme running in Blaenau Gwent, Caerphilly and Torfaen. The programme provides therapeutic support and diversionary activities for service users three days a week for the seven weeks.

STRENGTHENING FAMILIES PROGRAMME

This is a 7 week programme delivered to families with children aged 10-14 years. It looks at issues such as family communication, boundaries, confidence building, drug and alcohol prevention skills and fun activities for all the family. Volunteers can assist the Strengthening Families team in the promotion and marketing of the

programme, the facilitation of group sessions and the preparation of materials and resources.

TRAINING, EDUCATION AND AWARENESS-RAISING

Volunteers can assist the training team in the preparation of materials and resources for courses and awareness raising sessions and can help to deliver training, talks and workshops to adults and young people in a variety of settings (e.g. other organisations, schools and youth settings). Volunteers can also become involved with the research and evaluation of our training courses and inputting information on to our database.

GENERAL CLIENT SUPPORT

Volunteers can Shadow and assist staff on one to one sessions and group sessions with service users either at our offices or on home visits. Volunteers may wish to work towards taking on a small client caseload and can accompany service users to other appointments and events/activities.

HOW DO I BECOME A GENERAL VOLUNTEER?

To become a volunteer with Drugaid you need to be 18 years of age or over.

Drugaid recruit for volunteers approximately 3 times a year, if there is sufficient demand and capacity within the organisation. The maximum number of volunteers that Drugaid can recruit at one time is 12.

If you are interested in volunteering, you can call Drugaid's Caerphilly office on **029 2088 1000** and ask for the **Training and Volunteer Coordinator**.

The Training and Volunteer Coordinator will let you know when the next recruitment is likely to be and ask to hold your contact details on our database until our next recruitment. You will be sent an application form when we are next recruiting and if your application is successful, you will be invited for an informal interview with the training and volunteer coordinator.

VOLUNTEER PEER MENTOR

As a volunteer peer mentor you would be expected to offer one-to-one and group support to a small number of service users. You would be required to motivate and assist those participants allocated to you in reaching their own, individual goals, providing them with advice, support and practical help to enable them to access appropriate training, education and volunteering opportunities so that they can work towards gaining employment.

HOW DO I BECOME A VOLUNTEER PEER MENTOR?

To become a volunteer with the peer mentoring scheme you have to fulfill certain criteria. You need to be 18 years of age or over and have been affected by your own or a significant other's substance misuse, either in the past or currently. If you are currently affected by your own misuse, you must have an appropriate level of stability in your drug and/or alcohol use or have achieved abstinence.

If you meet the above criteria, you can apply to begin the peer mentor training by contacting one of the **Training and Employment Workers**.

There are currently two training and employment workers who cover different areas:

- Caerphilly/Blaenau Gwent/Torfaen - **07767 008521**
- Rhondda Cynon Taf/Merthyr Tydfil - **07767 008460**

After the Training and Employment Workers receive your contact details, they will contact you to arrange a meeting where you can both ascertain whether the peer mentoring scheme is suitable for you and whether you are suitable for the peer mentoring scheme. If it is agreed that the peer mentoring scheme is the right avenue for you, you will be asked to attend the peer mentoring training which runs for between ten and 12 weeks, one day per week.

DROP-IN VOLUNTEER

In addition to the main bases that Drugaid has where people can drop-in for advice and information, Drugaid runs two specific drop-in centres: Number 7 in Pontypridd and The Phoenix Centre in Caerphilly. The drop-in centres are located in their own, separate buildings and offer a range of services and facilities, all of which are available without an appointment. Both centres provide information and support, signposting, use of telephone, computer and internet, harm reduction advice and crisis response, a service users' support group, space to relax and someone to talk to. In addition The Phoenix Centre also offers shower and laundry facilities, acupuncture and specialist advice in relation to housing issues and domestic violence. Services and facilities in both centres will change and develop according to service user feedback.

The role of a drop-in volunteer is to participate in the staffing of a drop-in centre and to assist in the delivery of drop-in services. The main tasks of the role are:

- To participate in staffing the drop-in for at least one 4-hour session weekly
- To participate in a 5-day induction focusing on the role of the volunteer and of the drop-in worker
- To be aware of the range of facilities, information and services available in the drop-in
- To welcome service users into the drop-in
- To inform drop-in service users about the range of facilities available
- To help maintain cleanliness of the drop-in
- To participate in general administrative tasks

HOW DO I BECOME A DROP-IN VOLUNTEER?

If you are interested in becoming a drop-in volunteer, you can contact one of the drop-in coordinators on either of the numbers below:

- No. 7 drop-in centre in Pontypridd - **01443 408 087**
- Phoenix drop-in centre in Caerphilly - **029 20 860 588**

The drop-in coordinators will contact you in due course and invite you to meet with them.

OTHER VOLUNTARY ORGANISATIONS

New link Wales

Substance misuse and training organisation, Cardiff

Telephone: 02920 528532/02920 764411 ask for Andy Lilley
(Volunteer coordinator)

Email: newlink-sw@supanet.com

Website: www.newlink-sw.org.uk

GAVO – Gwent Association of Voluntary Organisations

Tel: 01633 241550 (Newport)

Tel: 01443 863540 (Ystrad Mynach)

VAMT – Voluntary Action Merthyr Tydfil

Tel: 01685 353900

Email: enquiries@vamt.net

Website: www.vamt.net

Interlink – Supporting voluntary action in Rhondda Cynon Taff

Tel: 01443 485337

Email: info@interlinkrct.org.uk

Website: www.interlinkrct.org.uk

TVA - Torfaen Voluntary Action Alliance

Tel: 01495 767066

Email: anne@voluntaryactionalliance.org.uk

Website: www.voluntaryactionalliance.org.uk

TEDS – Treatment and Education Drug Service RCT

Tel: 01685 880090

Email: teds@teds.org.uk

Website: www.teds.org.uk

Fusion – Young peoples drug and alcohol service

Tel: 0800 7314649/01291 635345
Email: admin@fusion-online.org.uk
Website: www.fusion-online.org.uk

South Wales Drug Intervention Programme (DIP)

Phone: 02920 537013
Fax: 02920827476
E-mail: DIP@cardiff.gov.uk

Kaleidoscope Drug and alcohol Services

Tel: 0845 450 6307
Fax: 0845 450 6308
email: info@kaleidoscopeproject.org.uk
Website: www.kaleidoscopeproject.org.uk

Teen Challenge Newport- Supporting Young people with addictions

Tel: (01633) 243235
Website: www.teenchallengenewport.co.uk

The Salvation Army

Tel: 029 2044 0600
Email: southmidwales@salvationarmy.org.uk

Voluntary Action Cardiff

Tel: 029 20485722
Website: www.vacardiff.org.uk